

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

*Network for a Healthy California*

# Be Active Resource Directory

*San Bernardino County*



*The Network for a Healthy California—  
Desert Sierra Region*



# Be Active Resource Directory

9-2011

- **San Bernardino County** •

- A directory including **free & low cost** physical activity, nutrition & health assistance resources

It is our hope that this resource directory will prove to be a valuable tool for families in discovering activities that are free or reasonably priced; for professionals in promoting affordable referrals for their low-income clients; and the community at large who are dedicated to promoting health and wellness for all adults, children and youth. Most of the community resources are specific to physical activity and nutrition services; however, some provide other health services. The directory may be downloaded for free at <http://www.sbcounty.gov/eatwell>.

For more information, or to inquire how you can have your resource listed in the Be Active Resource Directory, please contact:

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This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

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# Physical Activity Resources



# San Bernardino County: Physical Activity Resources

Program/ Organization	Description	Target Population	Cost
<b>AMUSEMENT PARKS / INDOOR RECREATION</b>			
<b>Air Kids Party Zone</b> 1881 Delilah Street, Corona, 92563 (951) 739-0075	Family play adventures where the whole family can enjoy an evening of fun, check days and times for Family Fun Nights / Open Play Time	All	Prices vary
<b>Boomer's, Upland</b> 1500 W. 7th Street, Upland, 91786 (909) 946-9555 <a href="http://www.boomersparks.com/park/upland/index.html">http://www.boomersparks.com/park/upland/index.html</a>	Batting cages, miniature golf, climbing wall and more	All	Prices vary, Family discounts
<b>Jumping Jacks</b> 11138 Elm Avenue, Rancho Cucamonga, 91730 (909) 989-6820 <a href="http://www.jumpingjacksparty.com">www.jumpingjacksparty.com</a>	HUGE indoor playground for all ages; providing large inflatable structures and games like air hockey and foosball! Check the <i>Family Fun Time</i> drop-in rate, days and times.	All	Prices vary
<b>Xrtainment Zone</b> Drayson Center 25040 Steward Street, Loma Linda, 92354 909.558-4275 <a href="http://www.llu.edu/central/drayson/xrtainmentzone.page">http://www.llu.edu/central/drayson/xrtainmentzone.page</a>	The Zone provides exercise, entertainment and education in a fun family environment, featuring video games that require physical movement. If referred, IEHP insurance members struggling with lifestyle illnesses may participate at no charge.	All ages	Low rates for all day passes, group/family discounts available
<b>BASEBALL</b>			
<b>District 43 Baseball CHALLENGER DIVISION</b>  <b>Field:</b> Blair Park Located on 33 <sup>rd</sup> Street and Little Mountain Drive San Bernardino, 92407  <b>For more information or if interested in...</b> *Participating in the Challenger program *Locating a Challenger program near you *Starting your own Challenger program  <b>Please contact:</b> Barbara Sky, Challenger Rep., District 43 (951) 202-6149 <a href="mailto:jcswelding@verizon.net">jcswelding@verizon.net</a>  *Currently exploring basketball and soccer activities, call for details	Challenger Division was established in 1989 as a separate division of Little League Baseball to enable boys and girls with physical and mental challenges to enjoy the game of baseball.  The Challenger Program of District 43 began in 1994. Every player gets a chance to bat, and play outfield. Challenger players wear the same uniforms, shoulder patches and safety equipment as all other Little League Players.	Inland Empire Boys and girls with physical and mental challenges, ages 5-21 or high school completion  Waivers may be submitted for players over 21	Free, with participation in the fundraising

<b>BICYCLING</b>			
<b>PossAbilities Handcycle &amp; Bike Rides</b>  Meet in parking lot north of The Hall of Records 222 West Hospitality Lane San Bernardino, CA 92415-0022 <a href="mailto:teampossabilities@gmail.com">teampossabilities@gmail.com</a> <b>(BEHIND Souplantation)</b>  Second & Fourth Sundays of the month Meet at 7:30am.	Riders will leave at 8:00 a.m. on the Santa Ana River bike trail in San Bernardino, head toward Riverside, and return to San Bernardino. No cars to worry about and you choose the distance you want to ride. Ride two miles, 10 miles, or even 25+ miles, all at your own pace.	Riders with disabilities or able bodied riders with a passion for helping riders with disabilities.	Free
<b>Team CycleFit</b>  Meet in parking lot north of The Hall of Records 222 West Hospitality Lane San Bernardino, CA 92415-0022 <b>(BEHIND Souplantation)</b> We ride on the Santa Ana River Trail, Zone 21  Second & Fourth Sundays of the month* <i>*Due to certain holidays that fall on a Sunday, this schedule may change.</i>  To confirm ride dates/times, or just interested in learning more, visit any of the social networks below.  Facebook: Team CycleFit URL: <a href="http://www.TeamCycleFit.blogspot.com">www.TeamCycleFit.blogspot.com</a> (information, videos, pictures of past rides) e-mail: <a href="mailto:TeamCycleFit@gmail.com">TeamCycleFit@gmail.com</a> e-mail group list: <a href="http://groups.google.com/group/teamcyclefit">http://groups.google.com/group/teamcyclefit</a>	Team CycleFit is a beginners, family and casual riders bicycle club. All types of bikes are welcome--beach cruisers, mountain bikes, hybrids, recumbents, as well as road bikes. The rides are supported by either a Cyclery USA mechanic or Team CycleFit member who will do minor repairs and bicycle checks before each ride as needed.	All	Free
<b>BOATING</b>			
<b>BOWLING</b>			
<b>Arrowhead Lanes</b> 299 W. Orange Show Road, San Bernardino, 92408 (909) 889-0355 <a href="http://www.amf.com">www.amf.com</a>	Bowling for all ages	All	Free summer programs available for kids under 16 years old.
<b>Bowladium</b> 73768 Gorgonio Drive, 29 Palms, 92277 (760) 367-9502	Bowling	All	Prices vary
<b>Bowling Barn</b> 40625 Big Bear Blvd., Big Bear Lake, 92315 (909) 878-2695 <a href="http://www.bowlingbarn.com">www.bowlingbarn.com</a>	Bowling for all ages	All	Prices vary
<b>Bowlum Lanes</b> 4666 Holt Blvd., Montclair, 91763 (909) 626-3528 <a href="http://www.bowlum.com">www.bowlum.com</a>	Bowling for all ages	All	Prices vary
<b>Brunswick Deer Creek Lanes</b> 7930 Haven Avenue, Rancho Cucamonga, 91730 (909) 945-9392 <a href="http://www.bowlbrunswick.com/about-us/213/1">http://www.bowlbrunswick.com/about-us/213/1</a>	Bowling, billiards, arcade and bowling leagues	All	Prices vary

<b>Brunswick Foothill Lanes</b> 17238 Foothill Blvd., Fontana, 92335 (909) 822-9900 <a href="http://www.bowlbrunswick.com/about-us/257/1">http://www.bowlbrunswick.com/about-us/257/1</a>	Bowling, billiards, arcade and bowling leagues	All	Prices vary
<b>Brunswick Upland Bowl</b> 451 W. Foothill Blvd., Upland, 91786 (909) 946-7006 <a href="http://www.bowlbrunswick.com/about-us/121/1">http://www.bowlbrunswick.com/about-us/121/1</a>	Bowling, billiards, arcade and bowling leagues	All	Prices vary
<b>Challengers Bowling League</b> 451 W. Foothill Blvd., Upland (909) 946-7006 <a href="http://www.bowlbrunswick.com/about-us/121/1">http://www.bowlbrunswick.com/about-us/121/1</a>	Saturday morning bowling program for disabled bowlers.	Disabled persons of any age.	\$6 per week
<b>Del Rosa Lanes</b> 1499 E. Highland Avenue, San Bernardino, 92404 (909) 886-4675 <a href="http://www.delrosabowl.com">www.delrosabowl.com</a>	Bowling, billiards, arcade and bowling leagues  Saturday 5-7, Family night bowling	All	Prices vary
<b>Empire Bowl</b> 940 W. Colton Avenue, Redlands, 92374 (909) 793-2525 <a href="http://www.empirebowl.com">www.empirebowl.com</a>	Bowling. Family night bowling, call for specials.	All	Prices vary
<b>Rim Bowl</b> 23991 Lake Drive, Crestline, 92325 (909) 338-5550 <a href="http://www.rimbowling.com">www.rimbowling.com</a>	Bowling	All	Prices vary
<b>CAMPING</b>			
<b>Afton Canyon</b> 2601 Barstow Road, Barstow, 92311 (760) 252-6000 <a href="http://www.blm.gov/ca/barstow">www.blm.gov/ca/barstow</a>	Camping, fishing & picnic areas	All	Low camping fee, free and low cost activities.
<b>Camp Erin / Mourning Star Center</b> 42-600 Cook St. Suite 205 A, Palm Desert, 92211 (760) 836-0360 <a href="http://www.mourningstar.org">www.mourningstar.org</a>  For specific information on Camp Erin: <a href="http://www.mourningstar.org/resources.php">http://www.mourningstar.org/resources.php</a>	Bereavement camp offered annually for children who have experienced the loss of a loved one. Call for schedule.	Children between the ages of 3 and 18, suffering loss of a loved one.	Free
<b>Johnson Valley Off-Highway Vehicle Recreation Area</b> 2601 Barstow Road, Barstow, 92311 (760) 255-6000	Auto touring, camping, & off road vehicles, and pets	All	Free activities available
<b>Mojave National Preserve</b> 2701 Barstow Road, Barstow, 92311 (760) 252-6100 <a href="http://www.nps.gov/moja">www.nps.gov/moja</a>	Hiking, camping & 4-wheel driving; visit canyons, mountains, mesas, long abandoned mines, homesteads, and rock-walled military outposts.	All	No entrance fee, free or low cost camping
<b>Mojave River Dam</b> San Bernardino County Parks 777 E. Rialto Avenue, San Bernardino, 92415	Camping, picnic facilities are available; access to the Pacific Crest Trail; Silverwood Lake State Recreation area is nearby	All	Prices vary



<b>Silverwood Lake State Recreation Area</b> 14651 Cedar Circle, Hesperia, 92345 (760) 389-2303 <a href="http://www.parks.ca.gov/?page_id=650">http://www.parks.ca.gov/?page_id=650</a>	Marina, camping, walking trails, nature walks and tours	All	Prices vary, free walking trails, senior and disabled discounts
<b>COLLABORATIVE</b>			
<b>Desert Sierra Health Network (DSHN)</b> 351 N. Mountain View, San Bernardino, 92408 909-387-6320 or 951-358-5880 <a href="http://www.dshn.us/">http://www.dshn.us/</a>	A collaborative of local organizations, schools, government agencies and businesses promoting health and fitness to residents of the Desert Sierra Region	Adults	Free
<b>Healthy Communities</b> 340 N. Mt. View Ave. San Bernardino 92415 (909) 387-4370 Email: <a href="mailto:healthycommunities@dph.sbcounty.gov">healthycommunities@dph.sbcounty.gov</a>  <a href="http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm#">http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm#</a>	Currently, Healthy Communities partnered with the cities listed below. While each community focuses on improving nutrition and increasing physical activity, each Healthy City addresses its unique priorities as determined by the community itself. The widely varying approaches and expertise among the Healthy Cities has created a wealth of opportunities for sharing and learning.	All	Free
<b>COMMUNITY CENTERS</b>			
<b>Art Thompson Teen Center</b> 651 N. Mount Vernon Avenue, Colton, 92324 (909) 524-4255 <a href="http://www.ci.colton.ca.us">www.ci.colton.ca.us</a> or <a href="http://www.ci.colton.ca.us/CS_FP.html">www.ci.colton.ca.us/CS_FP.html</a>	Variety of classes / activities	Teen	Prices vary
<b>Boys &amp; Girls Club of Fontana</b> Almeria Middle School Clubhouse 7723 Almeria Ave., Fontana, 92335 (909) 822-4988 <a href="http://www.bgcfontana.com">www.bgcfontana.com</a>	Sports, fitness, & recreation for children	Children	Prices vary
<b>Boys &amp; Girls Club of Redlands</b> 1251 Clay Street, Redlands, 92374 (909) 798-4599 <a href="http://www.bgcr.org/index.asp">http://www.bgcr.org/index.asp</a>	Sports, fitness, & recreation for children	Children	Prices vary
<b>Boys &amp; Girls Club of San Bernardino</b> 1180 W. 9th St., San Bernardino, 92411 (909) 888-6751 <a href="http://www.begreatbgcsb.org/">http://www.begreatbgcsb.org/</a>	Sports, fitness, recreation, and day camp	Children	Membership price dependant on income.
<b>Carolyn Owens Community Center</b> 13201 Central Avenue, Chino 91710 (909) 591-9834 <a href="http://www.cityofchino.org">www.cityofchino.org</a> or <a href="http://www.cityofchino.org/index.aspx?page=170">http://www.cityofchino.org/index.aspx?page=170</a>	Physical activities room, tiny tots class rooms, various recreational classes and after school programs offered. "Healthy Chino" initiative.	All	Prices vary
<b>Central Park / Brulte Senior Center</b> 11200 Baseline, Rancho Cucamonga, 91730 (909) 477-2780 <a href="http://www.rcpark.com">www.rcpark.com</a> or <a href="http://www.cityofrc.us/cityhall/cs/seniors/default.asp">http://www.cityofrc.us/cityhall/cs/seniors/default.asp</a>	Variety of classes, events and activities	All	Prices vary



<b>Cypress Center</b> 8380 Cypress Avenue, Fontana, 92337 (909) 428-8383 <a href="http://www.fontana.org">www.fontana.org</a> or <a href="http://www.fontana.org/index.aspx?nid=190">http://www.fontana.org/index.aspx?nid=190</a>	Variety of classes, events and activities	All	Prices vary
<b>Dana Park Community Center</b> 850 Barstow Road, Barstow, 92311 (760) 256-5617 <a href="http://www.barstowca.org">www.barstowca.org</a> or <a href="http://www.barstowca.org/site/index.php/city-organization/city-departments/parks-and-recreation">http://www.barstowca.org/site/index.php/city-organization/city-departments/parks-and-recreation</a>	Variety of activities and events	All	Free
<b>Delmann Heights Community Center</b> 2969 North Flores Street, San Bernardino, 92407 (909) 384-5417 <a href="http://www.sbcity.org">www.sbcity.org</a> or <a href="http://www.sbcity.org/cityhall/parks/centers/delmann_heights_community_center.asp">http://www.sbcity.org/cityhall/parks/centers/delmann_heights_community_center.asp</a>	Community Center with summer swim program, free lunch program from June –August, senior nutrition program daily, youth sports, dance and much more	All	Free / low cost activities available
<b>Girls Scouts of San Gorgonio Council</b> 1751 Plum Lane, Redlands, 92374 (909) 307-6555 <a href="http://www.girlscoutssangorgonio.org/">http://www.girlscoutssangorgonio.org/</a>	Sports skill building clinics, career mentoring, world travel, local community service projects and much more.	Redlands Children (Girls)	Prices vary Low enrollment fee
<b>Gonzalez Community Center</b> 670 Colton Avenue, Colton, 92324 (909) 370-6153 <a href="http://www.ci.colton.ca.us/">http://www.ci.colton.ca.us/</a>	Fitness center, swimming pool and a variety of activities and events for children and families.	All	Free activities & fee waivers available for low income families.
<b>Heritage Neighborhood Center</b> 16860 Valencia Ave., Fontana, 92335 (909) 350-6542 Contact: Teresa Ramirez Email: <a href="mailto:tramirez@fontana.org">tramirez@fontana.org</a>	Various walking clubs, free cooking classes, low cost boot camp fitness classes offered.	All	Free / low cost
<b>Jesse Turner Health and Fitness Community Center</b> 15556 Summit Avenue, Fontana, 92336 (909) 854-5100 <a href="http://www.fontana.org/index.aspx?nid=153">http://www.fontana.org/index.aspx?nid=153</a>	Family, group and individual activities available including various types of dance classes, martial arts and fitness classes.	All	Prices vary
<b>Luque Center</b> 292 East "O" Street, Colton, 92324 (909) 370-5087 <a href="http://www.ci.colton.ca.us/">http://www.ci.colton.ca.us/</a> or <a href="http://www.ci.colton.ca.us/CS_FP.html">http://www.ci.colton.ca.us/CS_FP.html</a>	Community Center offering a wonderful place for fun, safe, supervised activities for your child to enjoy. Talented and trained recreation leaders are on duty and are ready to get children involved in a variety of activities including arts & crafts, sports, board games, tournaments, movies and storytelling.	Senior, Youth	Donation suggested for meals. Free/low cost activities available
<b>Lytle Creek Community Center</b> 380 South "K" Street, San Bernardino, 92410 (909) 384-5424 <a href="http://www.sbcity.org/">http://www.sbcity.org/</a> or <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/centers/lytle_creek_community_center.asp">http://www.ci.san-bernardino.ca.us/cityhall/parks/centers/lytle_creek_community_center.asp</a>	Culinary creations, game room, youth sports, youth lunch program, teen fitness, tournaments	Youth	Prices vary, Free activities available

<b>Neighborhood Activity Center</b> 5201 "D" Street, Chino 91710 (909) 590-5575 <a href="http://www.cityofchino.org">www.cityofchino.org</a> or <a href="http://www.cityofchino.org/index.aspx?page=186">http://www.cityofchino.org/index.aspx?page=186</a>	Centralized recreation and Human Service programs for the City of Chino. Open Monday – Saturday. Basketball gym: Saturdays 9 am -1 pm.	All	Free or low cost
<b>Nicholson Community Center</b> 2750 West 2 <sup>nd</sup> Street, San Bernardino, 92410 (909) 874-3423 <a href="http://www.sbcity.org/cityhall/parks/centers">www.sbcity.org/cityhall/parks/centers</a>	Open recreation, nutrition class, dance fitness, ping-pong tournament, youth lunch program, pool tournament, computer lab. Open Monday-Thursday 10a-6p	All	All activities are free.
<b>Preserve Community Center</b> 15800 Main Street, Chino, 91710 (909) 464-0789 <a href="http://www.cityofchino.org">www.cityofchino.org</a> or <a href="http://www.cityofchino.org/index.aspx?page=468">http://www.cityofchino.org/index.aspx?page=468</a>	Various family, group and individual activities available.	All	Prices vary
<b>Rancho-Fontana YMCA</b> 11200 Baseline, Rancho Cucamonga, 91730 (909) 987-0777 <a href="http://www.weymca.org">www.weymca.org</a>	Various family, group and individual activities available. Before and after school childcare, day camps offered year round.	All	Prices vary; Discount available for those who qualify.
<b>Redlands Community Center</b> 1111 W. Lugonia Avenue, Redlands, 92373 (909) 798-7572 <a href="http://www.ci.redlands.ca.us">www.ci.redlands.ca.us</a>	Various family, group and individual activities available	All	Prices vary; Scholarships for low income families.
<b>Ruben Campos Community Center</b> 1717 W. Fifth Street, San Bernardino, 92410 (909) 384-5421 <a href="http://www.sbcity.org/cityhall/parks/centers">www.sbcity.org/cityhall/parks/centers</a>	Provides open game room, organized games, break dancers, free lunch program, boys hobby club, princess club, aerobics and a variety of adult classes.	All	Most activities are free.
<b>Rudy C. Hernandez Community Center</b> 222 N. Lugo Avenue, San Bernardino, 92408 <a href="http://www.sbcity.org/cityhall/parks/centers">www.sbcity.org/cityhall/parks/centers</a>	Family Resource Center Open game room, youth open gym, Juanita's kitchen and more.	Youth	Free activities available
<b>San Bernardino Family Branch YMCA</b> 808 East 21st Street, San Bernardino, 92404 (909) 881-9622 <a href="http://www.ymcaeastvalley.org/san_bernardino/index.html">http://www.ymcaeastvalley.org/san_bernardino/index.html</a>	Variety of activities and events for children & families, competitive basketball, little rookies programs, karate dance, softball, annual runs	All	Prices vary, financial assistance available
<b>YMCA of the East Valley</b> 500 E. Citrus Avenue, Redlands, 92373 (909) 798-9622 <a href="http://www.ymcaeastvalley.org/east_valley/index.html">http://www.ymcaeastvalley.org/east_valley/index.html</a>	Variety of activities and events for children & families. Swimming, day camps and physical activities offered for all age groups.	All	Prices vary
<b>COMMUNITY COURSES/CLASSES</b>			
<b>Community Hospital of San Bernardino</b> 1725 Western Avenue, San Bernardino 92411 (909) 887-6333 ext. 9-4734 <a href="http://www.chsb.org/index.htm">http://www.chsb.org/index.htm</a>	Offering community classes such as: Asthma, diabetes, low-cost healthy eating, weight management, breastfeeding clinic, child safety awareness, parenting, keys to success, personal and financial management, etc...	Adults	Free or low cost

<b>Loma Linda University Medical Center</b> 11234 Anderson Street, Loma Linda, 92354 (877) 558-6248 <a href="http://www.lomalindahealth.org">www.lomalindahealth.org</a> or <a href="http://lomalindahealth.org/medical-center/about-us/events/index.page">http://lomalindahealth.org/medical-center/about-us/events/index.page</a>	Offering screening for varicose veins, women's health classes, free events at the children's hospital, metabolic and bariatric seminar and family health fairs and more. Call or see website for current listing of classes and events offered.	Adults	Free or low cost
<b>DANCE</b>			
<b>Brandin' Iron Saloon &amp; Dance Hall</b> 320 South "E" Street, San Bernardino, 92401 (909) 888-7388 or (909) 381-6172 <a href="http://www.brandinironsaloon.com/view/252/6797/Family-Day.html">http://www.brandinironsaloon.com/view/252/6797/Family-Day.html</a>	Family Day is every Sunday from 3PM to 8PM, includes buffet, dance lessons and fun activities for the whole family.	All	Prices vary; discounts offered for large groups
<b>Shake It Up! Dance Studio</b> 14 E. State Street, Redlands 92373 (909) 399-5959 <a href="http://www.shakeitupdance.com">http://www.shakeitupdance.com</a>	Group and private dance lessons. Specializing in Salsa / Latin / Swing / Ballroom. Saturday night social dance.	All	Prices vary; First class free.
<b>Steppin' Out Ballroom Dance</b> 12455 Victoria Gardens Lane, Suite 160 Rancho Cucamonga (909) 899-8700 <a href="http://www.steppinoutballroomdance.com">www.steppinoutballroomdance.com</a>	A variety of individual, group and even children's classes available.	All	Prices vary
<b>EQUESTRIAN</b>			
<b>Foxcroft Farm</b> 15389 Carpenter Avenue, Chino, 91710 (909) 923-0084 <a href="http://www.foxcroftfarm.com">www.foxcroftfarm.com</a>	Horse camp engaging families in learning to ride & care for horses. Group and individual horseback riding lessons available.	All	Prices vary
<b>Juniper Flats</b> 2601 Barstow Road, Barstow ,92311 (760) 252-6000 <a href="http://www.blm.gov/ca/st/en/fo/barstow/jflats.html">www.blm.gov/ca/st/en/fo/barstow/jflats.html</a>	Auto touring, hiking, sightseeing, horseback riding, hunting and off road vehicles.	All	Prices vary
<b>FITNESS/SPORTS CLUB</b>			
<b>Cora Harper Fitness Center</b> 851 Barstow Road, Barstow (760) 256-5617	Fitness Center	All	Prices vary
<b>Drayson Center</b> 25040 Stewart Street, Loma Linda, 92354 (909)558-4975 <a href="http://www.llu.edu/central/drayson/">http://www.llu.edu/central/drayson/</a>	Variety of classes, cardio/weight rooms, pools, racquetball courts, tennis courts, outdoor track/field, indoor track and more.	All	Prices vary; Free to LLU students
<b>Healthy Fontana: Jessie Turner Health &amp; Fitness Center</b> 15556 Summit Ave., Fontana, 92336 ((909) 854-5100 <a href="http://www.fontana.org/index.aspx?NID=194">http://www.fontana.org/index.aspx?NID=194</a>	Offers dance / aerobics classes, dedicated fitness gym, indoor gymnasium that offers both collegiate and high school size basketball courts.	All	Free or low cost
<b>Healthy Fontana: Miller Fitness Center</b> 17004 Arrow Blvd., Fontana, 92335 (909) 349-6972 <a href="http://www.fontana.org/index.aspx?NID=897">http://www.fontana.org/index.aspx?NID=897</a>	The Miller Fitness Center offers an all-in-one workout facility in a central downtown location. Whether you want to start an exercise program, tone and build muscles through weight machines, or even compete on the racquetball court.	All	Free or low cost

<b>Healthy Rancho Cucamonga</b> 10500 Civic Center Drive, Rancho Cucamonga 91730 (909) 477-2700 (ext. 2008) Email: <a href="mailto:HealthyRC@cityofrc.us">HealthyRC@cityofrc.us</a> or <a href="http://www.cityofrc.us/websites/healthy_rc/">http://www.cityofrc.us/websites/healthy_rc/</a>	Encourages a healthy and sustainable lifestyle for residents and visitors. Offers a wide range of programs, policies, infrastructure and events to help build and maintain <a href="#">healthy minds</a> , <a href="#">healthy bodies</a> and a <a href="#">clean and sustainable earth</a> .	All	Free or low cost
<b>KATz OUTDOOR FITNESS INC</b> (909) 900-3261 <a href="http://www.katjohnson.com">www.katjohnson.com</a>	Boot Camps and other fitness classes available at various locations throughout the Inland Empire; call or email Kat for class times and details.	Adults , Teens & Children from ages 4 & up	Prices vary; Limited spaces at discounted prices are available for those who qualify
<b>Loma Linda Lopers</b> P.O. Box 495, Loma Linda, 92354 <a href="http://www.lopersclub.org">www.lopersclub.org</a>	Offers something for everyone interested in improving their fitness through walking, jogging, or running. Provide training geared to all fitness levels. Meets Sunday morning at 6:30 at the Drayson Center on the campus of Loma Linda University.	All	Club membership fee
<b>New Beginnings Fitness Boot Camp</b> Call for exact locations. Jerry L. Green-Lead, Instructor Email: <a href="mailto:Jerrylgreen2003@yahoo.com">Jerrylgreen2003@yahoo.com</a> Email: <a href="mailto:jerry@jerrylgreen.com">jerry@jerrylgreen.com</a> C: (951) 313-1919	Fitness training in a group session, yet still emphasizing individual personal attention	All & Worksite Health / Wellness Coordinators	Prices vary
<b>GOLF/MINIATURE/DISC</b>			
<b>Colton Golf Club</b> 1901 W. Valley Blvd., Colton, 92324 (909) 877-1712 <a href="http://www.coltongolf.com">www.coltongolf.com</a>	Golf course with affordable rates	All	Prices vary; Discounts for seniors and youth.
<b>Prado Disc Golf Course</b> Prado Regional Park 16700 Euclid Avenue, Chino, 91708 (909) 559-7615 <a href="http://www.pdga.com/course_directory">www.pdga.com/course_directory</a>	18 holes of disc (Frisbee) golf. On beautiful grassy area next to Prado Lake. Beginner friendly with adequate challenge for all. Some elevation change.	All	Fees for gate entry & onsite parking (\$7-10 per vehicle)
<b>Ralph Lewis Disc Golf Course</b> 7898 Elm St., Rancho Cucamonga, 91701 (909) 477-2760 <a href="http://www.pdga.com/course_directory/course/ralph-m-lewis-park">http://www.pdga.com/course_directory/course/ralph-m-lewis-park</a>	9 holes of disc (Frisbee) golf. Short holes, very few trees.	All	Free
<b>Scandia</b> 1155 S. Wanamaker Avenue, Ontario, 91761 909-390-3092 <a href="http://www.scandiafun.com">www.scandiafun.com</a>	Miniature golf, arcade, batting cages, rides, bumper boats and more.	All	Prices vary, Family discounts
<b>Scandia</b> 12627 Mariposa Road, Victorville, 92395 (760) 241-4007 <a href="http://www.scandiavv.com">www.scandiavv.com</a>	Miniature golf, arcade, batting cages, rides, bumper boats and more.	All	Prices vary, Family discounts



<b>HIKING</b>			
<b>Mountain Top Hiking Club</b> P.O. Box 2889, Lake Arrowhead, 92352 (909) 337-5850 <a href="http://www.mountaintophiking.com">www.mountaintophiking.com</a> Email: <a href="mailto:mtntophiking@aol.com">mtntophiking@aol.com</a>	Hiking club in the beautiful San Bernardino mountains. Local and distant trails. Members are offered hikes throughout the year in the mountains and valleys. Snowshoeing during the winter months.	All	Membership Fees, discounts available for families
<b>Crafton Hills Open Space Conservancy</b> P.O. Box 1475, Yucaipa, CA 92399 (909) 659-5252 Primary access to the hills is from the fire road above the Crafton Hills Community College, the Zanja Peak trail from Yucaipa Regional Park and Oak Glen Road Trail, the Grave Ave. Trail and the North Look Trail. <a href="http://www.craftonconservancy.homestead.com">www.craftonconservancy.homestead.com</a> Email: <a href="mailto:Lpope60989@aol.com">Lpope60989@aol.com</a>	Trails in the Crafton Hills are used by hikers, horseback riders, bicyclists, birders, and other "escapists". Group hikes are offered several times throughout the year. Levels of difficulty vary.	All	Prices vary / Low membership cost.
<b>US Forest Service: San Bernardino National Forest</b> 602 S. Tippecanoe Avenue, San Bernardino, 92408 (909) 382-2600 <a href="http://www.fs.fed.us/r5/sanbernardino/recreation/hiking/index.shtml">http://www.fs.fed.us/r5/sanbernardino/recreation/hiking/index.shtml</a>	Information on hiking, trails & trailheads throughout the San Bernardino Mountains.	All	Free
<b>MARTIAL ARTS</b>			
<b>Redlands Aikikai</b> 590 Nevada St. Suites A, B and C, Redlands 92373 (951) 743-5942 <a href="http://www.aikidoredlands.org">www.aikidoredlands.org</a>	School of martial and meditative arts. Currently offering classes in Aikido, Kendo, Systema, Tai Chi and Zen Meditation.	All	Prices Vary
<b>Universal Martial Arts Center</b> 9879 Foothill Blvd. Suite E, Rancho Cucamonga, 91730 (909) 989-1400 or (866) 862-2549 <a href="http://www.umackarate.net">www.umackarate.net</a>	Styles taught are Sho Rin Ryu Karate, Aikido, Judo, Jui jitsu, Tae Kwon Do, Kung fu, and kick-boxing.	All	Prices vary
<b>NATURE CENTER/HIKING</b>			
<b>Joshua Tree National Park</b> 74485 National Park Drive, 29 Palms, 92277 (760) 367-5525 <a href="http://www.joshuatree.org">www.joshuatree.org</a>	8000 miles of California desert and geologic displays. Walking and hiking trails. Camping and rock climbing.	All	Prices vary, discounts for seniors and people with disabilities
<b>PARKS AND RECREATION CENTERS</b>			
<b>Chino Hills State Park</b> 4721 Sapphire Road, Chino Hills, 91709 (951) 780-6222 <a href="http://www.parks.ca.gov">www.parks.ca.gov</a> or <a href="http://www.parks.ca.gov/default.asp?page_id=648">www.parks.ca.gov/default.asp?page_id=648</a>	Miles of trails for hiking, biking & equestrian riding, lots of camping programs	All	Prices vary, state park pass available, minimal camping fee
<b>City of Colton Community Services</b> 670 Colton Avenue, Colton, 92324 (909) 370-6153 <a href="http://www.ci.colton.ca.us">www.ci.colton.ca.us</a> or <a href="http://www.ci.colton.ca.us/cs.html">http://www.ci.colton.ca.us/cs.html</a>	Dedicated to creating community, through people, parks & programs. Contact for complete lists of city wide activities and programs.	All	Prices vary

<b>City of Montclair Recreation &amp; Sports</b> 5111 Benito Street, Montclair, 91763 (909) 445-1819 <a href="http://www.ci.montclair.ca.us/depts/human_services/activities_classes/default.asp">http://www.ci.montclair.ca.us/depts/human_services/activities_classes/default.asp</a>	List of parks, sports, events, and programs available, dance water aerobics, ballroom dancing, camp programs, special events throughout the year	All	Prices vary, Grant programs available
<b>City of Redlands Recreation &amp; Sports</b> 35 Cajon Street, Redlands, 92373 (909) 798-7572 <a href="http://www.ci.redlands.ca.us">www.ci.redlands.ca.us</a> or <a href="http://www.ci.redlands.ca.us/recreation/index.php">http://www.ci.redlands.ca.us/recreation/index.php</a>	Youth sports such as basketball, football and baseball for children and teens.	All	Prices vary; free to those that qualify.
<b>City of San Bernardino Parks &amp; Recreation</b> 1350 South "E" Street, San Bernardino 92410 (909) 384-5332 <a href="http://www.sbcity.org">www.sbcity.org</a> or <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/parks/default.asp">http://www.ci.san-bernardino.ca.us/cityhall/parks/parks/default.asp</a>	Activities, classes and events offered throughout the city, some require material fees	All	Discount rate if you pay early, some classes are free at the community centers
<b>City of Yucaipa</b> 34272 Yucaipa Blvd., Yucaipa, 92399 (909) 790-7460 <a href="http://www.yucaipa.org">www.yucaipa.org</a>	Contact for list of activities, classes and events offered throughout the city.	All	Prices vary
<b>Death Valley National Park</b> P.O. Box 579, Death Valley, 92328 (760) 786-3200 <a href="http://www.nps.gov/DEVA">www.nps.gov/DEVA</a>	Mines, dunes, trails, and more	All	Free
<b>Glen Helen Regional Park</b> 2555 Glen Helen Parkway, San Bernardino, 92407 (909) 887-7540 <a href="http://www.sbcounty.gov/parks">www.sbcounty.gov/parks</a>	Fishing, hiking, playground, and volleyball and water park.	All	Small fee. Discounts offered for seniors.
<b>Jasper Park</b> 25473 Jasper Road, Barstow, 92311 (760) 255-5145	Fields for soccer and softball	All	Free
<b>Parks: City of San Bernardino</b> 201 "E" Street, Suite 103, San Bernardino, 92401 (909) 384-5233 <a href="http://www.sbcounty.gov">www.sbcounty.gov</a> or <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/default.asp">http://www.ci.san-bernardino.ca.us/cityhall/parks/default.asp</a>	City parks open from dawn to dusk upon availability; Visit website for complete list of park locations and amenities	All	Free
<b>"Rec on the Road"</b> <b>Mobile Recreation Program...taking the fun to the streets.</b> 909 370-6153 <a href="http://www.ci.colton.ca.us">www.ci.colton.ca.us</a> or <a href="http://www.ci.colton.ca.us/CS_FP.html#R">http://www.ci.colton.ca.us/CS_FP.html#R</a>	14 foot customized panel truck, complete with logo, running water, stereo system, tables & chairs, cabinets with basketballs, soccer balls, board games, hula hoops, arts & crafts, supplies, board games.	Target is children in the 2 <sup>nd</sup> – 8 <sup>th</sup> grade, but all are welcome.	Free to participate.  Call for pricing on renting for events.
<b>San Bernardino County Regional Parks</b> 777 E. Rialto Avenue, San Bernardino, 92415 (909) 387-3331 <a href="http://www.sbcounty.gov/parks/">http://www.sbcounty.gov/parks/</a> Email: <a href="mailto:acole@parks.sbcounty.gov">acole@parks.sbcounty.gov</a>	Nine large green parks located throughout the county offer a variety of amenities such as camping, fishing, boating, swimming and hiking. Calico Ghost Town, Moabi, Prado, Cucamonga-Guasti, Lake Gregory, Glen Helen, Mojave River Forks, Yucaipa and Mojave Narrows	All	Prices vary

<b>Santa Ana River Trail (SART)</b> South Waterman Ave., San Bernardino, 92408 (909) 387-3331 <a href="http://www.trailsafety patrol.com">www.trailsafety patrol.com</a> Email: <a href="mailto:acole@parks.sbcounty.gov">acole@parks.sbcounty.gov</a>	Visit the Santa Ana River Trail (SART) which travels through the counties of San Bernardino, Riverside and Orange. The seven miles of open trail from Waterman Avenue (just north of Hospitality Lane) to the county line, will take you to the Riverside County Hidden Valley Preserve.	All	Free
<b>RECREATIONAL ACTIVITIES</b>			
<b>"Reach our communities Kids" R.o.c.K program</b> 140 W. Rialto Ave., Rialto 92376 (909) 877-3332 <a href="http://www.enhancingforward.org/our_rock_program_0.aspx">http://www.enhancingforward.org/our_rock_program_0.aspx</a>	R.o.c.K. Program offers Martial Arts, Aerobics, Bicycling, Zumba etc. classes that promote a fit, fun, productive lifestyle of good health. Program includes nutrition education, green garden, behavior modification, self-esteem, and more.	Families with youth ages 9-18, focused to children with BMI 25 & over	Prices vary based on income guidelines
<b>Mountain High Resorts</b> 24510 State Highway #2, Wrightwood, 92397 (888) 754-7878 <a href="http://www.mthigh.com">www.mthigh.com</a>	Ski Resort	All	Prices vary; Veterans and public service discounts offered.
<b>Pali Overnight Adventures</b> 30778 Highway 18, Running Springs, 92382 (909) 867-5743 <a href="http://www.paliadventures.com">www.paliadventures.com</a>  "Prepare to experience the ultimate summer camp, where fantasy meets imagination and dreams become reality."	Camps may include: Secret Agent Camp, Extreme Action, Water sports, Hollywood Stunts, Girl Power Extreme, Motorsports, Broadcasting, Film Institute, Dance, Acting Academy's, Rock Star Camp, Magazine Publishing, Fashion, Movie Make-Up, Culinary Institute, and Leadership. Activities may include: Archery, Riflery, Skateboarding, EuroBungee, ATV's, Dune Buggies, Mtn. Biking, Paintball, High Ropes, Laser Tag, Cooking, Crafts, Karaoke, Yoga, Manicures.	Youth, ages 9-16	Prices vary
<b>Southern California Soccer Complexes</b> <a href="http://www.sanbernardino66kicks.com">www.sanbernardino66kicks.com</a>  <b>Brewster Park</b> 21024 Otoe Road, Apple Valley  <b>San Bernardino County</b> 2500 East Pacific Ave., San Bernardino, 92404 (909) 864-9479  <b>Redlands Sports Complex</b> 1790 Dearborn St., Redlands CA	Lighted soccer fields, basketball courts, playgrounds, snack bars, horseshoe courts, etc. See website for specific information on the site of interest.	All	Prices vary
<b>Snow Summit Mountain</b> 880 Summit Blvd., P.O. Box 77, Big Bear Lake, 92315 (909) 866-5766 <a href="http://www.snowsummit.com/ski/">http://www.snowsummit.com/ski/</a>	Winter: Skiing, classes & lessons, snowboarding Summer: Cross-country biking, hiking, sight seeing	All	Prices vary

**SENIOR CENTERS: SAN BERNARDINO COUNTY**

All Senior Centers offer a variety of free and low cost classes for seniors

<b>Adelanto Senior Center</b> 11565 Cortez Street, Adelanto, 92301-1929 (760) 246-7736	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Barstow Senior Center</b> 555 Melissa Avenue, Barstow, 92311 (760) 256-5023 <a href="http://www.barstowseniorcenter.org">http://www.barstowseniorcenter.org</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Big Bear Valley Senior Center</b> 42651 Big Bear Blvd., Big Bear Lake, 92315 (909) 584-0323 <a href="http://bigbearparks.com/Senior_Center_and_Activities.html">http://bigbearparks.com/Senior_Center_and_Activities.html</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Bloomington Senior Center</b> 18317 Valley Blvd., Bloomington, 92316 (909) 877-4310	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Bonnie Baker Senior Center</b> 149350 Ukiah Trail, Big River, 92242 (760) 665-2667	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Chino Senior Center</b> 13170 Central Avenue, Chino, 91710 (909) 591-9836 <a href="http://www.cityofchino.org/index.aspx?page=470">http://www.cityofchino.org/index.aspx?page=470</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Delmann Heights Senior Center</b> 2969 North Flores Street, San Bernardino, 92407 (909) 887-2115	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Fontana Community Senior Center</b> 16710 Ceres Ave., Fontana CA 92335 (909)854-5156 <a href="http://www.fontana.org/index.aspx?NID=384">http://www.fontana.org/index.aspx?NID=384</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>George White Senior Center</b> 8565 Nuevo Street, Fontana, 92335 (909) 822-4493	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Gibson Senior Center</b> 250 N 3rd Avenue, Upland, 91786 (909) 981-4501	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Grand Terrace Senior Center</b> 22627 Grand Terrace Road, Grand Terrace, 92313 (909) 824-1491 <a href="http://www.cityofgrandterrace.org/index.aspx?NID=62">http://www.cityofgrandterrace.org/index.aspx?NID=62</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Hesperia Senior Center</b> 9333 E Avenue, Hesperia, 92354 (760) 244-1680	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Hinkley Senior Center</b> 35997 Mountain View Road, Hinkley, 923479 (760) 253-4677	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost



<b>Highland Senior Center</b> 3102 E Highland Avenue, Highland, 92346 (909) 862-8104 <a href="http://www.highlandseniorcenter.com">www.highlandseniorcenter.com</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Home of Neighborly Senior Center</b> 839 N. Mt Vernon Avenue, San Bernardino, 92411 (909) 885-3491	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Hutton Senior Center</b> 660 Colton Avenue, Colton, 92324 (909) 370-6168	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Leisure Shores Senior Center</b> 24658 Sam Meritz Way, Crestline, 92325 (909) 338-5036	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Lucerne Valley Senior Club</b> 10431 Allen Way, Lucerne Valley, 92356 (760) 248-2248	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Luque Senior Center</b> 292 E. 'O' Street, Colton, 92324 (909) 370-5087 <a href="http://www.ci.colton.ca.us/CS_Rec.html#S">http://www.ci.colton.ca.us/CS_Rec.html#S</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Mentone Senior Center</b> 1331 Opal Avenue, Mentone, 92359 (909) 794-5280	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Montclair Senior Center</b> 5111 Benito Street, Montclair, 91763 (909) 625-9462 <a href="http://www.ci.montclair.ca.us/depts/human_services/seniors/progs_classes.asp">http://www.ci.montclair.ca.us/depts/human_services/seniors/progs_classes.asp</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Mountain Communities Senior Center</b> 675 Grandview Avenue, Twin Peaks, 92391 (909) 337-1824	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Newberry Springs Senior Center</b> 33383 Newberry Road, Newberry, 92365 (760) 257-3284	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Oldtimers Foundation Senior Center</b> 8565 Nuevo Avenue, Fontana, 92335 (909) 829-0384	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Ontario Community Senior Center</b> 225 E. 'B' Street, Ontario, 91764 (909) 395-2021	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Perris Hill Park Senior Center</b> 780 E. 21 <sup>st</sup> Street, San Bernardino, 92404 (909) 395-2021	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Phelan Senior Center</b> 9463 Sheep Creek Road, Phelan, 92371 (760) 868-3452	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost

<b>Redlands Community Senior Center</b> 111 W. Lugonia Avenue, Redlands, 92373 (909) 798-7579 <a href="http://www.ci.redlands.ca.us/recreation/senior_center.htm">http://www.ci.redlands.ca.us/recreation/senior_center.htm</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Redlands Joslyn Senior Center</b> 21 Grant Street, Redlands, 92373 (909) 798-7550 <a href="http://www.ci.redlands.ca.us/recreation/joslyn_center.htm">http://www.ci.redlands.ca.us/recreation/joslyn_center.htm</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Rialto Senior Center</b> 1411 S. Riverside Avenue, Rialto, 92376 (909) 877-9706 <a href="http://www.rialtorec.net/Seniors.aspx">http://www.rialtorec.net/Seniors.aspx</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>San Bernardino Senior Center</b> 600 West 5th Street, San Bernardino, 92410 (909) 384-5430	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Trona Senior Center</b> 13187 Market Street, Trona, 93562 (760) 372-5889	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Victorville Senior Center</b> 14874 S Mojave Drive, Victorville, 92395 (760) 245-5018	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Yucaipa Senior Center</b> 12202 1st Street, Yucaipa, 92399 (909) 797-1177 <a href="http://www.yucaipa.org/cityDepartments/communityServices_Recreation/seniorCenter.php">http://www.yucaipa.org/cityDepartments/communityServices_Recreation/seniorCenter.php</a>	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>Yucca Valley Senior Center</b> 57088 29 Palms Highway, Yucca Valley, 92284 (760) 228-5453	Variety of classes and activities offered. Call for details.	Seniors	Free, low cost
<b>YOGA</b>			
<b>Breathe Yoga</b> 5 East Citrus Ave., Suite 103, Redlands 92373 (909) 557-4302 <a href="http://www.breatheredlandsyoga.com/">http://www.breatheredlandsyoga.com/</a>	Yoga classes offered for families, beginners, advanced, private and/or group classes.	All	Prices vary: some classes are free.
<b>Inner Evolution Yoga</b> 555 W. Redlands Blvd. Suite B, Redlands, 92373 (909) 798-2244 <a href="http://www.innerevolutionyoga.com">www.innerevolutionyoga.com</a>	Hot Power Yoga, Classes for beginners, intermediate and advanced, candle light yoga, yin yoga, thai yoga therapy and various workshops offered monthly.	All	Prices vary.
<b>The Yoga Room</b> 721 Nevada St. Suite 211, Redlands 92373 (909) 528-5312 <a href="http://www.redlandsyoga.com">www.redlandsyoga.com</a>	Yoga studio offering group and/or private classes.	All	Prices vary: students discounts, low cost community classes held weekly

<b>YOUTH/ADULT SPORTS ORGANIZATION</b>			
<b>San Bernardino Youth Sports Alliance</b> 201 N. "E" St., Ste. 103, San Bernardino, 92401 (800) 867-8366 Contact Andrea Winter <a href="http://www.youthsportsalliance.org">www.youthsportsalliance.org</a>	Assist in planning sports events.	All	Prices vary
<b>SKATING</b>			
<b>Barstow Skate Park</b> 840 Barstow Road, Barstow, (760) 256-5617	Skate park	All	Free
<b>Blair Skate Park</b> 1466 West Marshall Blvd., San Bernardino, 92405 <a href="http://www.socalskateparks.com/park/sanbernardino">http://www.socalskateparks.com/park/sanbernardino</a>	Skate park, requiring helmet, elbow pads and knee pads.	All	Free
<b>California Skate Grand Terrace</b> 22080 Commerce Way, Grand Terrace, 92313 (909) 783-2342 for reservations (866) 60-SKATE for recorded information <a href="http://www.calskategt.com">www.calskategt.com</a>	Family roller skating rink.	All	Prices vary
<b>Fiesta Skate at Fiesta Village</b> 1407 E. Washington Street, Colton, 92324 (909) 370-4444 <a href="http://www.fiestavillage.com">www.fiestavillage.com</a>	Outdoor roller skate and roller blade rink.	All	Prices vary
<b>Holiday Skating Center</b> 14950 Palmdale Road, Victorville, 92392 (760) 241-6813 <a href="http://www.holidayskatingcenter.net">www.holidayskatingcenter.net</a>	Family roller skating	All	Prices vary
<b>Montclair Skate Park</b> 5111 Benito St., Montclair, 91763 (909) 625-9460	Roller blade and skateboard park, pads, and helmet require	All	Minimal charge for annual card
<b>Roller City Plus</b> 7391 East Avenue, Fontana, 92336 (909) 581-9873	Skating rink	All	Prices vary
<b>Stardust Skating Rink</b> 2167 N. Lugo Avenue, San Bernardino, 92404 (909) 883-1103	Skating rink, skate lessons available	All	Prices vary
<b>SWIMMING</b>			
<b>Caroline Owens Community Center/Ayala Park</b> 14225 Central Avenue, Chino Hills, 91709 (909) 591-9834 <a href="http://www.cityofchino.org">www.cityofchino.org</a>	Open swimming and lessons Call for schedule	All	Prices vary
<b>Delmann Heights Community Center</b> 2969 North Flores Street, San Bernardino, 92407 (909) 384-5417 <a href="http://www.sbcity.org">www.sbcity.org</a> or <a href="http://www.sbcity.org/cityhall/parks/centers/default.asp">http://www.sbcity.org/cityhall/parks/centers/default.asp</a>	Summer swim program open for recreational swim during the summer months only.	All	Free or low cost activities available

<b>Don Day Park</b> 14501 Live Oak Ave, Fontana 92337 (909) 349-6968 <a href="http://www.fontana.org">www.fontana.org</a> or <a href="http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=62">http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=62</a>	Summer swim program	All	Free or low cost
<b>Fontana Park Aquatic Center</b> 15610 Summit Ave. Fontana 92336 (909)854-5111 <a href="http://www.fontana.org">www.fontana.org</a> or <a href="http://www.fontana.org/index.aspx?NID=154">http://www.fontana.org/index.aspx?NID=154</a>	Recreational swimming, Monthly Passes, Swimming Lessons Classes, Teams, Red Cross Courses, Rentals and Special Events	All	Prices vary. Free or low cost activities available.
<b>Gonzalez Community Center</b> 670 Colton Avenue, Colton, 92324 (909) 370-6153 <a href="http://www.ci.colton.ca.us">www.ci.colton.ca.us</a>	Fitness center, swimming pool and a variety of activities and events for children & families.	All	Free activities available Fee waivers available.
<b>Heritage Pool</b> 1350 W. Liberty Parkway, Fontana 92336 (909) 349-6968 <a href="http://www.fontana.org">www.fontana.org</a> or <a href="http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=66">http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=66</a>	Summer Swim program	All	Low cost
<b>Hernandez Center Pool</b> 222 N. Lugo Ave., San Bernardino 92408 (909) 384-5420 <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr">http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr</a>	Recreational swimming will be available, daily, Monday through Saturday, during the summer months only.	All	Low cost
<b>Jerry Lewis Family Swim Center</b> 831 E. Highland Ave. San Bernardino (909) 384-5419 <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp">http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp</a>	Summer swim program offering swimming lessons for all ages and recreational swim.	All	Low cost
<b>Mill Pool</b> 533 E. Central Ave, San Bernardino (909) 384-5422 <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr">http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr</a>	Recreational swimming open to the public during the summer months only.	All	Low cost
<b>Miller Pool</b> 17004 Arrow Blvd., Fontana (909) 349-6972 <a href="http://www.fontana.org">www.fontana.org</a> or <a href="http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=64">http://www.fontana.org/Facilities.aspx?Page=detail&amp;RID=64</a>	Summer swim program open for recreational swim during the summer months only.	All	Low cost
<b>Nunez Aquatics Center</b> 533 W. Fifth St., San Bernardino 92411 (909) 384-5421 <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr">http://www.ci.san-bernardino.ca.us/cityhall/parks/aquatics_programs_n_facilities.asp#Recr</a>	Recreational swimming open to the public during the summer months only.	All	Low cost



<b>Seventh Street Park Municipal Pool</b> 12385 Seventh Street, Yucaipa (909) 797-3820 <a href="http://www.yucaipa.org/cityDepartments/communityServices_Recreation/aquaticsProgram.php">http://www.yucaipa.org/cityDepartments/communityServices_Recreation/aquaticsProgram.php</a>	Recreational swimming open to the public during the summer months only. "Learn to Swim Program" The pool is also available for special occasion rentals on Sundays between the hours of 6:00 p.m. and 8:00 p.m. during the summer months.	All	Low cost; prices vary
<b>Tom Sawyer Pool</b> 152 E. San Bernardino Ave, San Bernardino (909) 820-2633 <a href="http://www.rialtorec.net/PoolRacquetFitnessCenter/TomSawyerPool/tabid/132/Default.aspx">http://www.rialtorec.net/PoolRacquetFitnessCenter/TomSawyerPool/tabid/132/Default.aspx</a>	Competition-sized pool offering swim programs such as: Learn 2 Swim, Lap Swim, Recreational Swim, Aqua Fit, Summer Family Fun Events, and much more. OPEN YEAR ROUND!	All	Low cost
<b>WALKING/CLUBS</b>			
<b>100 Mile Club®</b> 815 West Sixth Street, Suite 105 Corona, CA 92882 (951) 340-2290 <a href="http://100mileclub.com/">http://100mileclub.com/</a>	The 100 Mile Club® is a physical fitness and life skills project for all individuals based on the goal of running (or walking) 100 miles at school or work during a single school year.	All	Free or low cost
<b>ARMC Community 5K Walk/Run</b> Health & Fitness Expo <a href="http://www.arrowheadmedcenter.org">http://www.arrowheadmedcenter.org</a>	Arrowhead Regional Medical Center proudly presents their annual Community 5K Walk/Run to Better Health. Visit the website for more information or to pre-register.	All	Free
<b>Chino Walks: One Step at a time</b> Healthy Chino, City of Chino 13201 Central Avenue, Chino, 91710 (909) 590-5567 <a href="http://www.healthychino.com">http://www.healthychino.com</a>	Neighborhood Steps invites community members to take part in a unique walking group that combines fitness with neighborhood bonding. Neighbors get together to walk around the block or local park. Each group is led by a volunteer team captain supported by Chino Walks. Call now to form your own free neighborhood walking group.	All	Free
<b>Loma Linda Lopers</b> P.O. Box 495, Loma Linda 92354 (951) 769-8300 <a href="http://www.lopersclub.org">www.lopersclub.org</a>	For anyone interested in improving their fitness through walking, jogging, or running. From the slowest beginning walker to the fastest experienced runners, we provide training geared to all fitness levels. Group meets Sunday at 6:30 am at the Drayson Center on the campus of Loma Linda University.	All	Club membership fee

# Nutrition Resources



# San Bernardino County: Nutrition & Assistance Resources

Program/ Organization	Description	Target Population	Cost
<b>CERTIFIED FARMERS' MARKET</b> Open to the public FREE of charge			
<b>Big Bear Lake CFM</b> Big Bear Convention Center Big Bear and Division Road, Big Bear Lakes 42900 Big Bear Blvd., Big Bear Lake, 92315 (760) 247-3769 <a href="http://www.highdesertfarmersmarket.com">http://www.highdesertfarmersmarket.com</a>	Open air/ Apr-Oct/Tuesday, 8:30AM-1PM . EBT card accepted.	Open to the public	Free of charge
<b>Chino Farmers Market CFM</b> City Hall, 13220 Central Avenue, Chino 91710 (951) 500-4506 <a href="http://www.chinofarmersmarket.com">www.chinofarmersmarket.com</a> Email: <a href="mailto:cfm@chinofarmersmarket.com">cfm@chinofarmersmarket.com</a>	Open air/July 1-August 25/ Wednesday, 5PM-8:30PM	Open to the public	Free of charge
<b>Joshua Tree- Turtle Island CFM</b> 6528 Park Blvd, at 29 Palms Hwy, Joshua Tree (760) 420-7529	Open air / Year round / Saturday, 8AM-1PM	Open to the public	Free of charge; accepts Senior and WIC checks
<b>Lake Arrowhead CFM</b> Highways 189 & 173 28200 Hwy 189, Lake Arrowhead, 92317 (909) 337-2533	Open air/May 1-Sept.18/Friday, 5PM-8PM	Open to the public	Free of charge
<b>Loma Linda Farmer's Market CFM</b> 25541 Barton Frontage Rd., Loma Linda, 92354 Between Loma Linda Drive and Benton Street, (909) 799-2827	Open-Air/March-October Sunday 8:30AM – 12PM Exact location still to be determined; call for details	Open to the public	Free of charge
<b>Redlands CFM</b> State St., at 6th St. & 7th St., Redlands, 92373 (909) 798-7629 <a href="http://www.redlandsmarketnight.com">www.redlandsmarketnight.com</a>	Open air/Year round/Thursday, 6PM-9PM. Children under the age of 18 years must be accompanied by an adult after 8 pm	Open to the public	Free of charge
<b>Redlands CFM</b> City parking lot south of Redlands Boulevard between 5th St. and 6th St. near Ed Hales Park, Redlands, 92373 (909) 798-7629 <a href="http://www.ci.redlands.ca.us/rss/article.php?client=redlands&amp;id=20090519132006">http://www.ci.redlands.ca.us/rss/article.php?client=redlands&amp;id=20090519132006</a>	Open air/June-September, excluding holiday weekends/Saturday, 7AM-10AM	Open to the public	Free of charge
<b>San Bernardino Perris Hill Park CFM</b> Perris Hill Park - Highland and Harrison, San Bernardino, 92404 (909) 844-7731 <a href="http://www.patronsofthebowl.org">www.patronsofthebowl.org</a>	Open air / May-Oct / Tuesday, 6PM-9:30PM. Accepts EBT cards.	Open to the public	Free of charge
<b>Upland CFM</b> 9th St. & Second Ave., Upland, 91786 (909) 949-4499	Open air / Apr-Oct / Thursday, 5PM-9PM	Open to the public	Free of charge

<b>Victoria Gardens Farmers Market</b> 12505 N. Mainstreet Rancho Cucamonga 91730 (909) 463-2830 <a href="http://www.victoriagardensie.com/go/Poolb.cfm?MallID=801&amp;FPURLID=2129974535">http://www.victoriagardensie.com/go/Poolb.cfm?MallID=801&amp;FPURLID=2129974535</a> or <a href="http://www.victoriagardensIE.com">www.victoriagardensIE.com</a>	Every Friday 10AM-2PM	Open to the public	Free of charge
<b>Victorville High Desert CFM</b> Victor Valley College Upper Campus 18422 Bear Valley Road, Victorville, 92395 (760) 247-3769 <a href="http://www.highdesertfarmersmarket.com">www.highdesertfarmersmarket.com</a>	Open air / Year round/Thursday, 8AM-Noon	Open to the public	Free of charge; EBT cards accepted
<b>Yucaipa CFM at Yucaipa Community Center</b> 34900 Oak Glen Road, Yucaipa 92399 (909) 213-8906 or (951) 315-4617 <a href="http://www.yucaipafarmersmarket.com">www.yucaipafarmersmarket.com</a>	Open air / April – November, Saturday 8:30 AM – 1 PM	Open to the public	Free of charge
<b>FOOD ASSISTANCE</b>			
<b>Adventist Community Team Services (ACTS)</b> 24914 Barton Rd, Loma Linda, 92354 (909)796-8357	Loma Linda University Church ACTS provides the Meals on Wheels and Home Visitation Programs. Nursing assessments and parish-nursing visitation (preventive health care and case management)	Homebound Seniors	Delivered meals are \$2, but no senior is denied a meal; they are free if no ability to pay
<b>The Life Center</b> 14725 Seventh St. # 600 Victorville, Ca. 92395 (760) 243-5006	We are a Pregnancy Center in Victorville, Ca. We give our diapers, formula and baby food to young ladies in our community in need.	Low income mothers	Free
<b>San Bernardino County Food Stamp Program</b> 150 South Lena Rd, San Bernardino, 92408 (909) 388-0245	Supplemental food coupons for low-income residents of San Bernardino County	Low Income families	Free
<b>ASSISTANCE HOTLINES</b>			
<b>Inland Empire United Way 2-1-1, San Bernardino County</b> 9644 Hermosa Avenue, Rancho Cucamonga, 91730 <a href="http://www.211sb.org">www.211sb.org</a>	Just dial 2-1-1 (or 888-435-7565) to obtain free and confidential information 24 hours a day/ seven days a week about health and social services in San Bernardino County. 2-1-1 is a toll free number that provides information and referrals for non-emergency resources such as health care, food counseling, support groups, clothing, housing, community groups, elder services & employment.	All	Free
<b>Inland Regional Center</b> 1365 S. Waterman Ave., San Bernardino 92408 Mailing Address: P.O. Box 6127, San Bernardino 92412 (909) 890-3000 <a href="http://inlandrc.org/">http://inlandrc.org/</a>	A nonprofit corporation that provides services to individuals with developmental disability and their families.	Individuals with disabilities and their families.	Free or low cost, based on income.



<b>HEALTH ASSISTANCE</b>			
<b>C.A.R.E. Customer Assistance and Resource Experience</b> 850 W. Foothill Blvd., Rialto (909) 421-5601 or (888) 818-8988	For help on basic social, physical and mental health. Operates Monday – Friday 9am -12pm.	All	Free
<b>Community Hospital of San Bernardino</b> 1805 Medical Center Drive, San Bernardino (909) 887-6333 <a href="http://www.chsb.org">www.chsb.org</a>	Offering community services such as: Babies First, behavioral health services, emergency services, financial assistance, health information and education center, Home health services, physician referrals insurance referrals and assistance...	All	Free or low cost
<b>Inland Agency-Desert Sierra Regional Contractors</b> Covering San Bernardino, Riverside & Inyo Counties 1-800-511-2300 <a href="http://www.inlandagency.org">http://www.inlandagency.org</a>	Referral program for women in need of free or low cost mammograms and/or pap screenings.	Low income women	Free or low cost
<b>Loma Linda University Center for Health Promotion</b> , Evans Hall, Suite 111 24785 Stewart Street, Loma Linda, 92354 (909) 558-4594 or (877) LLUMC-4U for class and event schedule <a href="http://www.lomalindahealth.org">www.lomalindahealth.org</a>	Various support groups offered. Various fitness and nutrition classes/programs	All	Free or low cost
<b>Planned Parenthood</b> 1873 CommerCenter West San Bernardino, 92408 (909) 890-5511 <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	Sexual and reproductive health services.	All	Free or low cost; based on income.
<b>NUTRITION AND PHYSICAL ACTIVITY EDUCATION</b>			
<b>Enhancing Forward Action</b> P.O. Box 2406, Rialto 92377 (909) 877-3332 <a href="http://www.enhancingforward.org/home0.aspx">http://www.enhancingforward.org/home0.aspx</a>	Our goal is to enhance the lives of children and families by encouraging fitness and proper diet while providing educational support and family support for healthy, productive, and enriched lives.	All	Prices vary based on income guidelines
<b>Families of African American Ancestry Manifesting our Excellence (FAME)</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320	Nutrition education; physical activity demonstrations based on African dance	San Bernardino County Youth grades 2 - high school	Free
<b>Network for a Healthy California—African American Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for programs serving low income adult African Americans residents of San Bernardino, Riverside and Inyo Counties	Low-income adult African Americans residents	Free

<b>Network for a Healthy California—Latino Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for programs serving low-income Spanish speaking residents of San Bernardino, Riverside and Inyo Counties	Low -income adult Latino residents	Free
<b>Network for a Healthy California— Children’s Power Play Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for elementary schools, after-school programs and community youth organizations serving low-income 9-11 year olds of San Bernardino, Riverside and Inyo Counties	Low-income 9-10-11 year olds	Free
<b>San Bernardino County Regional Parks: Active Outdoors</b> 777 E. Rialto Avenue, San Bernardino, 92415 (909) 387-3331 <a href="http://www.sbcounty.gov/parks">www.sbcounty.gov/parks</a> Email: <a href="mailto:acole@parks.sbcounty.gov">acole@parks.sbcounty.gov</a>	Programs include the Environmental Science Day Camp, Family Camp, Jr. Fishing Program, Astronomy 101, and Walk the Park. Programs encourage participation in outdoor recreational activities and support a lifelong practice of physical activity for the county’s youth and their families.	Adult, youth	Park entrance fee varies, free activities available
<b>WIC OFFICES</b>			
<b>Riverside-San Bernardino Indian Health WIC</b> 1555 Potrero Road, Banning, 92220 (888) 942-9675	Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services. Call; an appointment will be made at the clinic nearest you	Riv. & SB County low-income <i>Native American</i> pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk.	Free
<b>San Bernardino County WIC Program</b> 351 N. Mountain View, San Bernardino, 92408 (800) 472-2321 Desert & West end area (909) 387-8301 San Bernardino area <a href="http://www.sbcounty.gov/wic/">http://www.sbcounty.gov/wic/</a>  For a free breastfeeding resource guide: <a href="http://www.sbcounty.gov/wic/content/documents/breastfeeding_resource_guide.pdf">http://www.sbcounty.gov/wic/content/documents/breastfeeding_resource_guide.pdf</a>	Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services. Call; an appointment will be made at the clinic nearest you.	SB County low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk.	Free